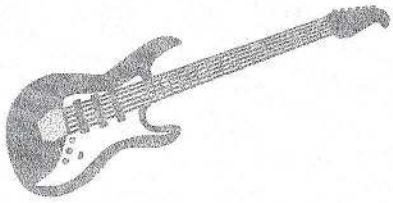
BAR HILL NEWS

May 2014; Issue 547

Bar Hill Fête 2014

- Star Radio are coming!
- a large variety of food
- arts and crafts stalls and display
- rides and inflatables
- beer festival with 10 beers
- arena displays throughout the day
- live evening entertainment

  Roger Roger
  Junkyard Preachers
  Fluffly Wangers
  ...and more



5th July 2014

Bar Hill Village Green

0843I
1677
86

We still need more volunteers!

- 2 hour time slots available throughout the day
- times from 8am - midnight
- no requirement to join the fête committee
- all equipment provided
- If you would like to help out or would like more info contact:
  volunteers@barhillvillagefete.org

Stall spaces are still available! - for info contact:
stalls@barhillvillagefete.org

For more information please see our website:
http://www.barhillvillagefete.org/ and keep your eye on the Bar Hill News!

deadline for the next issue is 15th June, to bhneditor@yahoo.com,
or see page 2 for other contact details

BAR HILL RESIDENTS' ASSOCIATION

2012–13 COMMITTEE:

Chairman:	Roger Hall	01954 780304	11 Almond Grove
Secretary:	Anil Pallan	01223 655620	72 The Spinney
Treasurer:	Martin Avery	01954 781233	34 Acorn Avenue
Website:	Simon Munford	email: simon.munford@gmail.com	
Also:	Paul Goodfield	01954 200228	15 Little Meadow
	Jo Hall	01954 780304	11 Almond Grove

BAR HILL NEWS:

Editor:	Jan Cundy	e-mail: jan_cundy@yahoo.com	
Advertising Coordinator:	Bunty Waters	01954 201421	77 Foxhollow
Distribution Coordinator:	Martin Avery	01954 781233	34 Acorn Avenue

The Objectives of the Association are to act as an intermediary between Residents and other parties, to keep residents informed of matters of importance and recreation in and around the Village, and to promote the interests of Bar Hill.

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator bunty.waters@ntlworld.com. Quarter-page adverts cost £15.50 per month and must be submitted by the 1st of the month prior to inclusion. Maxi ads (£8.50 per month) and Mini ads (£5 per month) should be submitted by 15th of the month prior to their inclusion. Sizes: Maxi: 6 x 4.5 cm – 9 x 6 cm; Mini: 6 x 2 cm – 6 x 4 cm. Quarter-page ads are for local businesses and we guarantee publication, but this often results in a waiting list. To help overcome this, we provide maxi and mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space.

EDITORIAL

There is no charge for Articles, What's On, For Sale and Lost and Found, and these appear at the Editor's discretion. Please submit items by 15th of the month.

All telephone numbers without an area code are Crafts Hill (01954).

All items can be submitted electronically on disc or to bhneditor@yahoo.com, *[a Word file is best, please]* or hard copy via Parish Council Office.

THE MAPLE SURGERY

Tel: **01954 780442**

www.mhmaple.co.uk

Surgery Opening times:

Monday, Tuesday, Wednesday		7.00am*–6.00pm
Thursday, Friday		8.30am – 6.00pm
	(appointments available from 7.30am)*	
Midwife	Thursday	2.00pm – 4.00pm
Physiotherapist	Tuesday	1.00pm – 4.30pm
Podiatrist	Mon, Wed, Fri	8.45am – 12 noon
	Wed & Fri	1.00pm – 4.00pm
Orthoptist	2nd Tues of month	9.00am – 12.30pm
CAMTAD	4th Tues of month	9.30am – 11.30am

Phone lines open from 8.30am – 6.00pm Monday – Friday.

Out of Hours Emergencies – call 111 (Cambridgeshire and Peterborough 111 Service).

Health Visitors (based at Longstanton Surgery): 01954 207612

Well Child Clinics: 3rd Tuesday of the month 1.00pm – 2.30pm at the Children's Centre, Bar Hill (next to Primary School).

USEFUL TELEPHONE NUMBERS

• Church Office **206120** • Conservative Party (Iris Lay) **205265** • Happy Hours (Helen Collins) **782203** • • Liberal Democrat Party (Andy Pellew) **07814 871752** • Library (renewals and enquiries) **0345 0455225** • • Neighbourhood Watch **201001** • Parish Council (Leigh Baffa) **780456** • Police non emergency **101** • • Post Office **789285** • Pre-School **782892** • Samaritans **01223 364455** • School **273305** • Social Club **781881** • • Swavesey Village College **230366** •

BAR HILL VILLAGE HALL

- Conference Facilities;
- Seminars;
- Committee/Meeting Room;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Anniversary Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales.
- Kitchen Facilities.
- Excellent Parking and Catering Facilities.

During the week we have the following groups and clubs:

Mon.	Helene Jones Dance *(school term time only)*	3.30–8.15 pm
Tues.	Shotokan Karate	5.45–8.00 pm
Tues.	Danielle (Boot Camp)	8.00–9.00 pm
Weds.	Helen Jones (Dance)	4.00–6.45 pm
Weds.	Zumba	7.00–8.00 pm
Weds.	Pilates	8.00–9.00 pm
Thurs.	Zumba *(school term time only)*	9.30–10.30 am
Thurs.	Pilates *(school term time only)*	10.30–11.30 am
Thurs.	Weightwatchers	7.00–7.50 pm
Fri.	Martial Arts	6.30–8.30 pm
Sat.	Sweat and Tone	8.00–9.00 am
Sun.	Bingo (doors open 7.15) Cash prizes	7.45–9.30 pm

If you wish to book any of these facilities, or get more information, please contact us: T: **01954 782414** (leave a clear message and we'll call back within 24 hours Monday–Friday); E: barhill.villagehall@btconnect.com. We look forward to hearing from you.

CYCLE DAY – SUNDAY 8th JUNE 2014

10am – 3pm

To publicise the proposed Bar Hill to Coton cycle path, and safe cycling, the four parishes of Bar Hill, Dry Drayton, Madingley and Coton are organising a cycling Sunday. We would like to see as many children and parents as possible. Leaving Bar Hill Village Hall at 10.30am, the route will be along the road to the tarmac path to Dry Drayton, then through Madingley to the Village Hall, then on the A1303 main road to Coton. There will be lots of marshals and stop off points in each village. Every child who completes at least one leg to the next village and back will be given a medal. **Entry is free.** All children will be required to wear cycle helmets. There is no requirement to cycle to all four villages. If you would like to take part, please contact bhddmadcyclechallenge@gmail.com or 01954 211536 for more information.
Refreshments available for thirsty cyclists and supporters; B-B-Q and medals on completion.

FAMILY HISTORY RESEARCH

Caroline Norton, Cambridgeshire Family History Society, will attend Bar Hill Library to assist with family history research between 10am and 4pm on the following dates in 2014:
Monday 19th May
Monday 21st July
Monday 15th September
Monday 17th November

HAPPY HOURS – NEWSLETTER

March held a variety of events as well as our usual games. Three members went to Age UK's Spring Meeting, which dealt with sight and hearing loss, which was very informative. Did you know there are talking clocks and microwaves, special cups and computers, with training available?
Our Speaker this month was Grace, the granddaughter of one of our members, who came to tell us about her forthcoming trip to spend a year in Chile. Grace explained how through her college she spent a week in Scotland at Trust HQ, where she had to go for selection and do various exercises to prove her capability. She will have a "buddy" at all times. Grace now has to raise the funds required and brush up her Spanish before setting off in the summer. She has promised to come back and tell us about her experiences! Grace was a delight and we all wish her well.
One of our Committee Members has written us a Fire Plan. Hopefully it will never be needed but we have taken the precaution and assessed the situation.
We had a raffle this month that raised £55.00, which we donated to the Air Ambulance service.
Age UK Befriending Scheme, call 0800 169 2939 or Silverline, which operates similar to Childline but for the elderly: 0800 470 80 90.

Helen Collins
01954 782203

STORYTIME AT BAR HILL LIBRARY

Stories and pictures, rhymes, songs and craft activities

Come along to Bar Hill Library at 10.30 am, on the second and fourth Saturdays in May.
Storytime invites small children to our regular events. Open to children of pre-school age and their older brothers and sisters who are accompanied by an adult – parents, grandparents and other adult carers are all welcome– it offers half an hour or more of book-based fun.
This free event opens up the treasure that books offer, introducing young children to their local library and revealing to them all that is to be gained from learning to read. There is no need to book; just come along.
In April we said goodbye to one of our regular readers. We thank her for all she did to encourage the children to develop their own reading, and wish her well for her future plans.

RASTERREPAIR
Home & Workshop PC Repair. Home Support.
T: 07413 849034; E: rasterrepair@gmail.com

...letters...letters...letters...letters...letters...letters...letters...letters...letters...

Dear Editor

I was delighted to see a good turnout to the consultation about a new Skate Park for the village, and particularly delighted to see several skateboarders there too. I believe they put forward ideas for the design of a new park which is an excellent response from them. When the Youth Club closed and the original Skate Park was demolished, it left a gap in the provision for this group of people in the village and it is good to see Parish Councillors working towards replacing the Skate Park.

Applying for grants is a time-consuming and lengthy process and I do wish the organisers every success.

I hope any fundraising activities which are organised are well supported so that before long we can see a new Skate Park for the skateboarders of Bar Hill.

Margaret Sellars

MUSIC EVENT FOR CANCER RESEARCH UK ON 5th JULY 2014

If you are an individual or small music group and would like to help to raise money for Cancer Research UK, I would like to invite you to join me on July 5th. I would ask you to play/sing for 30 minutes; the audience will come in when they can, and make a donation when they leave!

Please contact me: sadams@chesterton.cambs.sch.uk.

Thank you

Sarah Adams

YOUR LOCAL POST OFFICE, BAR HILL

Tel: **01954 789285**

You can:

- buy Euros and/or Lottery Tickets;
- open a Current Account;
- get your Vehicle Tax.

Opening Hours: Monday to Friday 9.00 – 17.30; Saturday 9.00 – 12.30.

WALK SONG DRAMA

On 13th July, Bar Hill Choir will be making a walk from Dry Drayton through Bar Hill to Lolworth, singing various songs on the way. Money raised will go towards local charities and projects, including the Skate Park. The broad theme of the performances will be '**place**', which includes the people here, as well as history or nature, and the working title is '**Turning the Corner**', partly because the route makes an approximate 'L' shape.

Our hope is that as many people in the villages will be as involved as possible, either as walkers or performers, for all or part of the walk. We are intending to involve schools, groups and individuals, so if you are interested please contact us.

Dear Editor

Thanks must go to Sue Kenchington and her helpers from Bar Hill Church for the African-themed Holiday at Home held recently.

There were craft workshops, country walks for the energetic, exercise sessions, a nail bar for a bit of pampering, quizzes to tax the brain and a quiet corner to read the papers or just relax. The afternoon entertainment featured music and events from the various countries in Africa.

All these together with sumptuous lunches and teas – all homemade – added up to a most interesting, exciting and happy few days.

A very happy participant

Dear Editor

Please publish this in the net Bar Hill news:

Will the owner of a very large dog, walked at night or early morning, please pick up after it (you know who you are). The fouling happens at the back of Appletrees toward the post office and is very offensive and dangerous to children, especially as it is such large quantities.

Responsible dog owner like myself and many others get targetted for people like you. Invest in some plastic bags and act with responsibility – it's not difficult.

Jacqueline Ellis

109 Appletrees

FOR SALE

Exodus 470 litre car roof box gloss black £80

01954 780245

BAR HILL HEALTH WALKS

Free every Wednesday morning

Meet at Maple Surgery, Hanover Close, Bar Hill CB23 8EH

at 10:30 am

Our walks are all weather (in case of rain you will find us under the church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short Health Questionnaire. Copies are available on the PPG noticeboard in Maple surgery, and at www.walkingforhealth.org.uk.

Contact: Patricia Daniels, Co-ordinator, T: 07917 874402; E: danielsoohn@btinternet.com; or Josephine Powell, Co-ordinator, T: 07901 558108; E: jopowell45@hotmail.com.

NEIGHBOURHOOD WATCH

With warmer months and longer evenings on the way, it is tempting to leave doors and windows open. These create ideal conditions for burglars who need only seconds to enter your home. Please don't make life easy for them.

A Burglars paradise...

...ground floor open windows;
...unlocked door, even when residents are at home;
...unlocked garage containing equipment;
...unlocked side gate;
...unlocked garden shed, providing tools for break-in;
...ladder lying around to aid access to house;
...keys and wallets left within reach of the letter box;
...valuables on display in a car;
...people who think it will never happen to them;
...people who don't bother to report suspicions to the police (on 101).

Think! Be aware!

Stay safe and report suspicions to the Police – burglars often check out an area before committing a crime.

Pam Vendy, NHW Village Coordinator

FINBOW FRAMING

Incorporating Warwick Fine Art Prints
Conservation and Standard Framing
Bespoke Framing of Art Work, Photographs, Tapestry, Memorabilia etc
Reframing and Repairs
Antique Prints of Cambridge and Restoration
Julian Finbow, 12 The Brambles, Bar Hill, CB23 8TA.
T: 07952 295861; E: Finbowframing@hotmail.com

FOR SALE

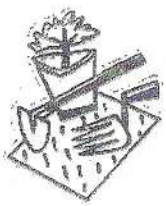
Counted Cross Stitch kit by Anchor called 'Village Life' (ref: PCE888). Depicts country cottage with garden and car. Unwanted gift. £20
Tel: Kaye: 01954 782403

G B PROPERTY SERVICES

Specialist in flat roofing and all aspects of property maintenance
Call Pepe on 07761 143610

Paper delivery **07814 754520**

GINNY'S GARDENING AND DESIGN



Do you need your gardening done?
Need ideas of what to plant where?
From whole gardens or just one bed, let me help you achieve the perfect garden for you.
Personal service tailored to your wishes, budget and garden conditions.
Phone Ginny on **01954 789206**

FREE to good home...
VAX 1500w Turbo Cleaner; HEPA Filtration
Blue SENSEO Coffee Machine
Tel: 01954 201421

NEW 5-A-SIDE FOOTBALL LEAGUE

Sign up now on **07809 878433**;
E: info@mavericksoccer.org.uk.

Professionally organised 5-a-side football league running at Bar Hill.

Get fit, keep fit and have a great evening out with your mates. Enjoy hassle free competitive league football, as our organisers are on hand to arrange everything and ensure the evenings run smoothly.

League affiliated with the Cambridgeshire FA. All matches are officiated by qualified FA registered referees. All league fixtures and results are available on the website so you can check how your team is doing.

Find us on Facebook @ MaverickSoccerUK;
Website: http://mavericksoccer.org.uk.

– RAYNERS OF BARTON –

Sectional Buildings
Greenhouses, Garages, Workshops, Chalets, Log Cabins, Carports, Summer Houses, Sheds – Concrete, Steel or Wood, Conservatories – Aluminium or Hardwood.
– DOUBLE GLAZING AT ITS BEST –
PVC-U or Hardwood Windows, Doors.
Lance Rayner, Top Field Farm,
16 Cambridge Road, Barton CB23 7AR
Tel/Fax: 01223 262888; Mobile: 07702 669026

THE HAIR COMPANY

Professional Mobile Hairdressing covering Bar Hill and surrounding areas.
Call Caroline: **07843 238718**

FOR SALE

2 x jodhpurs, almost new, size 12-14; cost around £70; will accept £20 each.
Riding boots, short, size 4, in good condition £10.
Riding boots, long, new cost £70 bargain at £25.
Riding hat, good condition £5.00.
Phone: 01954 782638 (Bar Hill)

AN INVITATION FROM DRY DRAYTON ART GROUP

Would you be interested in joining us for a visit to an exhibition at **Islington Business Centre** on Thursday 24th July 2014

"IT'S ALL ABOUT ART"

An opportunity to watch various art demonstrations, try out new techniques or stock up on art materials at discounted prices.

Coach leaves Dry Drayton Village Hall at 9 am; returning from Islington at 4 pm.

Tickets £25; to include entrance and a surprise gift (said to be worth more than the ticket price).

To reserve a place, please enclose a cheque for £25 payable to "Dry Drayton Art Group", and return to Margaret Heppell, 56 Fox Hollow, Bar Hill, or telephone 01954 780429 for more details.

CHURCH MATTERS

KNIT AND NATTER...

...is on Thursday afternoons from around 1.15–3.15pm in the Octagon. We are a friendly and active group that produces hats, scarves and mittens for "Operation Christmas Child" shoe boxes. We make lots of other things too. By joining us, you will meet new friends as well as provide support to organisations that need voluntary help.

We have several outings a year, occasional lunches, coffee mornings, a Garden Party in August and a Christmas lunch.

You don't have to be able to knit; you are very welcome to come and "natter" and enjoy a sociable afternoon. For further information contact Sue Kenchington on 01954 780260.

Everyone is welcome of any faith, or none.

BRING YOUR OWN CRAFT GROUP

The group meets monthly on a Saturday afternoon in the Octagon, from 2.15–4.30pm. It was started to provide an opportunity for us to spend a quiet couple of hours working on our craft projects in good company, since we often find that we have too much to do at home to devote much time to our creative hobbies, despite the benefits we derive from them. We usually leave feeling more relaxed, with the added satisfaction of having made progress on our projects.

We are always happy to welcome new members whether they are experienced crafters or just trying something new, so do come along. Remember to bring the materials and equipment you will need for your craft project. We will provide the company and refreshments. We ask for a donation of up to £1 to cover costs.

Provisional dates for 2014: 22nd February; 22nd March; 26th April; 24th May; 28th June; 19th July (in the Church); 27th September; 25th October; 22nd November.

For more details contact either Wendy on 01954 782041 or Sue on 01954 200875.

YOUNG PEOPLE GROUPS

Youth Socials

There is a time to relax, play games (Wii, Pool, Table Tennis) one Sunday per month from 7.15–9.00pm in the Octagon.

Cell Groups

These are groups of young people, meeting once a month, to learn more about the Bible and the Christian faith.

Cafe Church

As an alternative to sitting in the Sunday morning service, the children & young people meet in the Octagon on 1st and 3rd Sundays, for breakfast and a learning activity.

Young Peoples Evening Worship Service

This informal service is for adults and young people and uses contemporary music and format. This is held at 6.30–8.00pm on the 2nd Sunday of the month, starting with cake and drinks!

For more information on any of these events contact Heather at familysmeth@ntlworld.com.

BAR HILL CHURCH HOMEGROUPS

At Bar Hill Church we have six small groups who meet regularly both weekly and fortnightly, with a mixture of evening and daytime meetings. We hope that the groups facilitate discipleship, mission, fellowship, evangelistic outreach and pastoral care. We study a variety of popular biblical material; recent studies have included bible studies on the books of Romans and John as well as deeper insights in to the topics of prayer and worship. The current topic of study is 'praying through the Psalms'.

If you are interested in joining in the fellowship of a small group within the village please contact me at the Bar Hill Church office to discuss placing you in a suitable group.

With Blessings in Christ

Jenny Patton – Small Groups Coordinator

MESSY CHURCH...

...is for pre-school and primary age children and their carers. They meet in the Octagon from 3.15–5.15pm on the 3rd Wednesday of each month.

Each session begins with craft activities followed by a story and song on a Bible theme, and ends with a simple meal. Come along!

For more information contact Peter at familysmeth@ntlworld.com.

VISIT FROM RT REVD BILL MUSK FROM EGYPT

On Sunday 11th May the Rt Revd Bill Musk will be speaking to us in our morning service at 10am. This will be followed by a shared lunch at 12noon, where we will be able to talk with him about his work. Please join us for the service, and if you wish to come to the shared lunch, please contact Di on 01954 781502 for more details.

BAR HILL CHURCH ECO GROUP

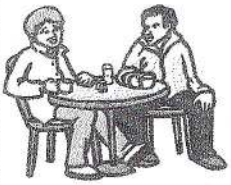
The Eco Group meets for an hour once a month to think about how we can best use our world's resources, both for our own benefit and for that of future generations. We are working towards the award of 'Eco-Congregation'. Events last year included Sunday workshops on the theme of creation, and an eco walk and picnic. Further details, including meeting dates, can be found on the church website – www.barhillchurch.org.uk.

Bar Hill Church, together with the British Legion, are hoping to collaborate in arranging a display to commemorate the **Centenary of the beginning of the First World War**. This would be held in the Church on Saturday 5th July, Bar Hill Village Fete day.

If anyone has mementoes from those days, photographs, letters, books or artefacts, and would be willing to lend them for the day, we would be most grateful. If so, would you please get in touch with Rev. Charles Mather on 01954 277119, or Joan Tanton on 01954 780529. With thanks.

CHURCH MATTERS

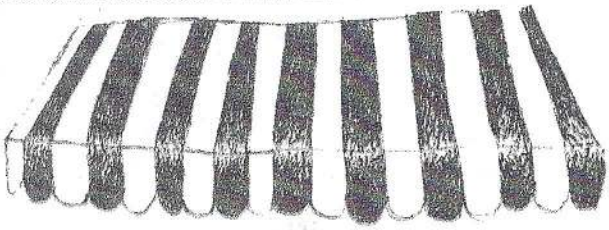
THE COFFEE STOP



This takes place every Wednesday at 10 am until 12 noon at the Library. Coffee, tea and biscuits are served, and it is a good opportunity to meet friends old and new and have a chat.

Everyone is welcome. We support the "Friends of the Library" in making good use of this valuable resource and keeping it open for everyone.

We would love to see you there.



BAR HILL COMMUNITY MARKET

Saturday **3rd May**

Saturday **7th June**

10.30am – 2pm

In the Octagon CB23 8EH

Entry is Free

Saturday **5th July** we join the **Village Fete**

Come and support your local community.

A variety of handmade crafts, jams, fruit, vegetables, cards and beauty products.

We raise funds for community projects.

Refreshments

Soup and roll from 12noon

BBQ *(weather permitting)*

If you would like to be part of the market, please contact either Karen Austen 01954 781085 or Sue Gadsby 01954 200875

BAR HILL ECUMENICAL CHURCH SERVICES FOR MAY 2014

EVERYONE IS WELCOME

The Church Minister, Charles Mather, can be contacted on minister@barhillchurch.org.uk, or by phone on 01954 277119. We hope you will look at our new website. It gives lots of information about what's happening in Church: **barhillchurch.org.uk**.

Sunday 4th	10am Holy Communion with Café Church for young people 6.30pm Evening Worship
Sunday 11th	8am Holy Communion 10am Morning worship 6.30pm Youth Service
Sunday 18th	10am Holy Communion with Cafe Church for Young People 6.30pm Evening Worship
Sunday 25th	10am Morning Worship 6.30pm Holy Communion
Wednesday 28th	Midweek Communion
Thursday 29th	7.30pm Worship for Ascension Day
Sunday 1st June	10am Holy Communion with Cafe Church for Young People 6.30pm Evening Worship

Contact: Church Centre Manager: 01954 206120; office hours Mon., Weds. and Fri. 0930–1230.

There is a Roman Catholic Mass every Saturday at 6 pm.

...did you know...

- The Holy Bible has been translated into more than 1,200 languages, including Klingon for Star Trek enthusiasts.
- Christianity is currently the world's largest religion. Islam is second and Hinduism third.

THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Hills Road, Cambridge

The Catholic Church serving Bar Hill

Parish Priest:	Mgr Peter Leeming	Tel: 01223 350787
Deacon:	Revd Robert Joyce	
Local contact:	Bunty Waters	Tel: 01954 201421
Monday, Wednesday, Thursday, Friday		8am and 12.15pm
Tuesday		8am and 7.30pm
Saturday		6pm. First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and **6pm at The Octagon**, Bar Hill.

Holydays of Obligation	8am, 10am, 7.30pm
Sacrament of Reconciliation	
Tuesday	6.45pm (not after Mass)
Saturday	10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday – copies are also available in the Church Centre.

ROCK SOLID...

...is a midweek club for primary school age children which runs every Thursday evening in the Octagon/Meetings Room from 6.00–7.15pm, during term time only. We have great fun with songs, news time, bible story time, craft and games, stopping for a quick break for drink and a biscuit half way through!

We are fully subscribed at the moment, but if you think your child would like to come along, please contact Adrienne Sharman on 01954 780874 for further information.

– 8 O'CLOCK CLUB –

The 8 o'clock club is an all-women's group, which meets at 8pm on the first Thursday of the month in Bar Hill school.
Our next meeting is:
Thursday 1 May – The work of The Brooke Trust
To find out more about the club please phone Barbara 01954 204171, Adela 01954 204265 or Ann 01954 204687, or come along to one of the meetings where we will be pleased to see you.

MATHS AND PHYSICS TUITION

Qualified teacher, with First Class Honours Degree in Physics, offers GCSE and A level tuition in Maths and Physics.
Telephone **Paul Noble** on **01954 780477**.

POLICE CRIME UPDATE

Damage was caused to a vehicle in Little Meadow.
A Porsche was scratched down to the base metal causing criminal damage near Menzies Hotel, Bar Hill.
The letters BHP were graffiti-ed on the rear fence and garage wall of a Housing Association property in The Spinney. These incidents were in February.
A man was apprehended at the rear of Tesco, Bar Hill, helping himself to crate of beer. He was detained by staff then arrested by Police and charged with burglary. An attempt to break in to Costa Coffee was also made using a crowbar, but no entry gained. Both incidents in March.
In April, an attempt was made to break into a property in Foxhollow via the PCV rear door. No entry was gained. Incidents were also reported in Girton and Bar Hill of pedlars without a valid licence knocking on doors to sell items. They have been located and dealt with by police.
If you have any information in on any of the above, please get in touch via 101.
Kind Regards
B Mani PCSO 7009
Histon Safer Neighbourhood Policing Team;
T: 101 Ext 7113152.

INTRODUCING EVERYDAY ADVENTURE...

...1st Bar Hill Scout Group
Do you want to have fun? **YES?**
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Contact: Ruth Wright (Secretary) on 01954 201890

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– FUNDRAISING EVENT –

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The Yellow Rose Spiritual Centre is holding a Clairvoyance Evening with Mediums Jacky and Anita on Saturday 28th June at 8.00pm at Bar Hill Village Hall (doors open at 7.30pm)
Tickets: £10.00 including buffet
Tel: 01954 782414 or phone/e-mail Lynn Marie: 01223 359074; lynnmarieowen@gmail.com.
The Yellow Rose Spiritual Centre is a fundraising organisation run by volunteers, and is a member of the Cambridge Council for Voluntary Service.
With this event, we hope to keep open the Arbury Community Centre, Cambridge.
For our monthly events please go to: www.yellowrosespiritualcentre.btck.co.uk.

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BAR HILL TENNIS CLUB

Our new season started 22nd April and we would love to see members and anyone interested in playing at the courts (behind the School by the playing field). Everyone is welcome to attend even if you are just interested in hearing more about the Club.
We invite all current, lapsed and new members to come along. Please encourage your family, neighbours and friends to come to our club social night to play some tennis. We welcome players of all abilities. Tennis is an excellent way to keep fit and enjoy a summer's evening in a relaxed and friendly environment. Our Adult Club night is on a Tuesday from 7–9pm.
Our annual membership rates: Adults £40, Family £80, Juniors £15. For further details, pop down to see us Tuesday evenings at the Courts, call us or visit the website.
We look forward to seeing you!
Contacts:
Chairman: Kevin Jackson, T: 781150, E: vislid@yahoo.co.uk;
Treasurer: John Suchocki, T: 780461, E: j.suchocki@talktalk.net;
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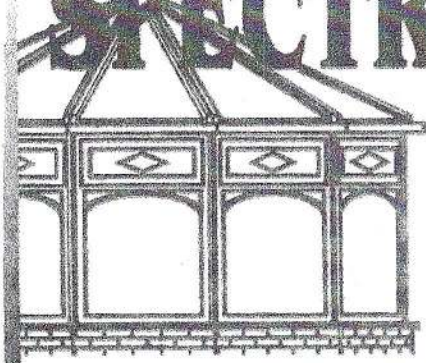

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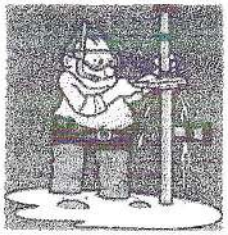

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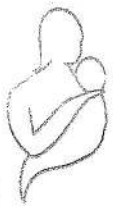

With your help, we are making the Rosie a more comfortable environment for mothers and babies.

At our AGM last month we found out how appreciative the staff and patients are of our Tea Bar in the outpatient department and the purchases and financial assistance given to The Rosie in 2013.

We were invited to tour the refurbished Daphne Ward for the gynaecology patients and the old Parentcraft room for mothers with early pregnancy problems. The Friends of the Rosie helped finance these refurbishments and bought some billimeters for the community midwives in 2013. The Tea Bar raised £5,000 and Rosie in Stitches raised £3,000.

Upcoming Stall dates this spring

Craft Fair at The Farmland Museum, Waterbeach, CB25 9PQ; Monday 5th May 10.30am to 5pm – selling toys and baby clothes;

Pop up Shop at Hackers Fruit Farm, Dry Drayton (exit 30 on the A14); Saturday 24th May 9am to 5pm – selling toys, baby clothes, hats, scarves, blankets and bags.

Follow us on the Rosie in Stitches Facebook page. New knitted clothes and toys for sale on our website www.rosieinstitches.org.uk. Start your holiday shopping today with Easyfundraising and our charity will benefit from a donation. We have discounted items for sale in our eBay Charity Store Rosieinstitches2010. There are links to affiliate stores on our website where we will get a donation.

To support Friends of the Rosie Hospital, Cambridge, England, visit http://www.easyfundraising.org.uk/causes/forh and follow the instructions. You can raise funds by using the Easyfundraising search site at http://forh.easysearch.org.uk. There are competitions to enter on the Easyfundraising blog.

If you can provide transport for our volunteers or display a small selection of our wares please contact a member of the committee, details are given on our website.

Thank you for all your support.

NWR

Ladies – give yourselves a break! Enjoy discussions and make new friends. NWR is a national organisation promoting friendship and self-confidence for lively minded women. We share ideas discuss topics, occasionally listen to speakers and enjoy social events. We invite you to join us, come along to one of our meetings – you would be very welcome.

8 May	TSARS AND EMPERORS OF RUSSIA – Research and talk about one of the above. Venue: Kaye's.
10 May	AREA MEETING AT ST IVES
22 May	WHAT DID YOUR GRANDMOTHER DO? – Talk about her life and work. Venue: Di's.
5 June	DISCUSS A CURRENT NEWS ITEM. Venue: Julie's.

The Bar Hill NWR group meets informally on alternate Thursday evenings; we pay just £1.00 per meeting to cover costs. If you would like more information, please call Marie-Thé Last on 01954 780329 or Geraldine Martenz on 01954 203458 . NWR can also be found at www.nwr.org.uk. Why not have a look!

MAPLE SURGERY NEWS

Tel: 01954 780442

www.mhmaple.co.uk

The Surgery will be closed on both May Bank Holidays: 5th and 26th May. For out of hours cover, please call **111**.

Opening Hours – we can now offer early GP appointments from 7.30am on Mondays, Tuesdays and Wednesdays.

Health Event – please look out for details of our Annual Health Event, which this year will feature 'Healthy Living'. Scheduled for Thursday, 12th June, more information will be available soon.

Online Appointments and Repeat Prescription Requests – registered patients are now able to book GP appointments and order repeat medications via the Surgery website www.mhmaple.co.uk. Please contact the Surgery to obtain a username and password. Please do remember to allow two clear working days for your repeat prescription request to be processed. For your own safety we are unable to accept repeat prescription requests by phone, but you can request via our dedicated email maplesurgery.repeats@nhs.net or put your completed repeats slip into the grey repeat prescription box located on the wall in the front entry foyer at the surgery. When the surgery is closed please post your repeat request through the gap in the front door.

Regards, *The Maple Surgery Team*

MAY BULLETIN FROM CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

The fire service needs volunteers in your village! Cambridgeshire Fire and Rescue Service Community Champions scheme has been running for two years and now more volunteers are being recruited.

The Champions promote fire safety in their communities by attending local events to promote fire safety, talk to local groups and organisations, and also refer vulnerable people to CFRS for home fire safety visits.

So could you help your community stay fire safe? Find out more by contacting Rachael Brown on 01353 865037 or email Rachael.brown@cambsacre.org.uk.

Make sure fire safety still stays at the forefront of your mind in May – and don't forget to **test your smoke alarm** and the smoke alarms of the vulnerable and elderly in your neighbourhood.

To find out if you are eligible for a free home fire safety check, call 0800 917 9994.

Like our Facebook page: www.facebook.com/cambsfrs, follow us on Twitter @cambsfrs.

RESIDENTS' ASSOCIATION

Interested persons are always welcome at Residents' Association meetings. These are usually held on the first Tuesday of the month at 8 pm in the Parish Council office. However, in May we will hold the **AGM** on **Friday 16 May** at **7.30pm**. With apologies, the 6th May meeting has been stood down.

BAR HILL CHILDMINDERS

If you are thinking of going back to work or would just like to have a bit of time to yourself, then why not leave your child in a friendly environment with a Childminder who is Ofsted registered, fully insured and First Aid Trained? Childminders offer a wide variety of activities including trips out to local toddler groups and parks, arts and crafts, music, stories and much more.
If you would like to find out more, you can call any of the Childminders listed below or just come along to our 'Little Bunnies' session on Thursdays to meet us all (details below).

Childminders with current vacancies

Kirsty	07584 168909 (school aged children)
Melanie	01954 204496 (0-5 year-olds)
Jacky	01954 780249
Kirsten G	01954 200228
Kirsten C	01954 202228
Janine	07879 613731
Terri	07846 018714

'Little Bunnies' Toddler Group for Babies and Pre-school Children and their Parents/Carers. We meet on Thursdays 9.45–11.15 am in the Octagon (term time only) £2.50 per family/carer, or £1 per adult with one child under a year old. Includes soft drinks and healthy snacks for the children, hot drinks for the adults. We have a large range of indoor and outdoor toys.

GIRLGUIDING IN BAR HILL

2nd Bar Hill Brownies have had an exciting term. Some of the girls travelled to Hampstead in North London, to visit Pax Lodge, one of the four World Centres owned by the World Association of Girl Guides and Girl Scouts.
At the end of term, as part of the Brownies 100th Birthday celebrations, the girls produced and performed a variety show to their parents, with singing, dancing, sketches and magic tricks. It was an excellent show and they all gained their Entertainer badges.
Next term we are having a joint sleepover with the other Bar Hill Brownie pack, so it will be another occasion to celebrate our 100th birthday!
Why not come and join in the fun?
Girlguiding units currently meet weekly in Bar Hill: Rainbows (age 5-7) Monday and Wednesday, Brownies (age 7-10) Tuesday and Wednesday, Guides (age 10-14) Wednesday, and Senior Section (14+) meet monthly.
If you would like to volunteer, or your daughter wants to join us having fun in a girl only environment, please go to http://www.girlguiding.org.uk/interested.
For more information about local girlguiding, please phone 07980 739928 or email Di Gunton, Bar Hill District Commissioner, at di@theguntons.com.

FACTOID

February 1865 is the only month in recorded history not to have a full moon.

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Carers' Drop-In Sessions: Are you a carer? If you spend a significant amount of your time providing unpaid support to a family member, friend or neighbour, then you are. It is really important that you look after your own health and wellbeing, so why not pop along to a Carers Drop-In session to find out more? The next session is on Wednesday 14th May between 2.00 and 4.30pm at Willingham Surgery. It will be hosted by Lesley from Crossroads Carers Service, and Karen Pawley, our Surgery Carers Lead. Just drop in for coffee/tea and muffins, and learn about what help and support is available. We have lots of useful information about flexible respite breaks, benefits you may be entitled to, and carers' social events in the area.

Cancelling appointments: if you no longer need your appointment please remember to cancel it so that someone else can benefit. Last month we had 107 wasted appointment slots. You can now book and cancel appointments on line. Ask at reception how to register for this service.

Private medicals, such as HGV lorry driver medicals, or boxing and wrestling medicals, are not part of NHS services. Appointments are made after surgery hours and there is a charge. Payment is required at the time of booking. We require 48 hours' notice of cancellation when a full refund will be given. If cancellation is made later, no refund will be made.

Surgery website
www.willinghammedicalpractice.nhs.uk. Have you visited our practice website? We are delighted that "hits" have increased dramatically, from 4,819 in 2012-13 to 16,247 last year! Please do take a moment to have a look – we welcome feedback, comments and suggestions.

Cynthia Bidwell, Practice Manager

...did you know...

The only nation whose name begins with an 'A', but doesn't end in 'A', is Afghanistan.

THE ALLOTMENT SOCIETY

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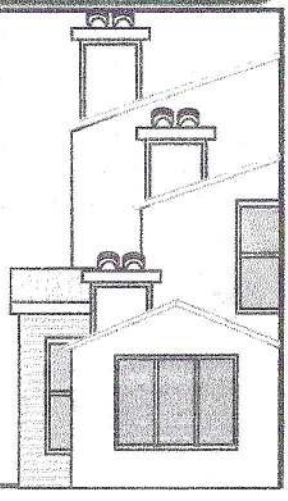

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FRIENDS OF BAR HILL LIBRARY

Coffee morning: **There will be no coffee morning in May.** Watch the *Bar Hill News* for information about future events organised by the Friends

REPORT FROM COUNTY COUNCILLOR JOHN REYNOLDS

Road Repairs – Micro Asphalt treatment

The Council were approached on 3rd April by the contractor offering to carry out extra resurfacing at short notice. Bar Hill had been programmed for the second Micro Asphalt resurfacing in September, but when offered this extra resource we put forward Chestnut Rise, The Brambles and Hillcrest for early treatment. As a result of the short notice, it was not possible to carry out the normal information distribution, and I apologise for any inconvenience. I'm sure you will agree that the end result was justified.

A14 Update Girton (M11 and A14)

The improvements, which include an additional lane in both eastbound and westbound directions and improving the existing westbound slip roads at the Girton interchange, started in April and are likely to take up to 10 months to complete.

The first stage of enabling works will start on Monday 14th April with the inner lanes of the eastbound and westbound carriageways closed overnight on Monday, Tuesday and Wednesday. Details about the closures, along with diversion routes for the relevant carriageway closure, and updates on progress throughout construction, will be available on the Highways Agency website: http://www.highways.gov.uk/roads/road-projects/A14-Junction-31-to-32-Eastbound-and-Westbound-Improvements. You can keep up with live traffic announcements on twitter @highwaysagency

A14 Cambridge to Huntingdon improvement scheme

The Highways Agency published the Statement of Community Consultation (SoCC), which confirms there will be a 10 week pre-application statutory consultation as part of delivery of the scheme, starting on 7 April and ending on 15 June 2014. There are local consultation events at Dry Drayton 24th May 1000–1400; Boxworth 30th May 1500–1900 and Lolworth 2nd June 1600–2000. All materials are available on the internet, and there will be brochures at these events for you to take away. In my opinion, this looks like the best scheme we'll get and it will make a huge difference to those who regularly use this road.

I would urge everyone to respond either online or in writing as I expect there will be more changes that could affect us all.

As your County Councillor I am here to help. Please feel free to contact me with comments, questions or concerns.

John Reynolds, 4 Hollytrees, Bar Hill, CB23 8SF.
T: 01954 200571; E: j.e.reynolds@ntlworld.com.

Little Acorns Extended Day Care

Little Acorns extended day care is the umbrella name for Little Acorns Pre-School and Mighty Oaks @ Little Acorns (the out of school club). We are registered to care for children age 2–11 years, from 8am – 6pm term time and during the school holidays.

Flexible hours can be booked any time during a week day. [Normal pre-school session is 9–11.30am, or 12.30–3pm; and afterschool care starts at 3pm or 3.15pm). Our current cost is £3.60 per hour. There is a sibling discount rate. Children can access 15 hours per week of free sessions under the Early Years Funding Scheme in the term after they turn 3yrs.

Families on Income support (or who fulfil the criteria for free school meals) may also be able to access 15 hours per week of free sessions for their 2 year old, via the 'Free Twos' Funding. The children's centre will be able to advise about this.

We can be found next door to the primary school along the concrete track which leads to the farmhouse building. Please feel free to drop in for a look around. Children of all ages have access to all rooms iand the garden area throughout the day. We offer a wide variety of activities and resources, set out into zones, where children can explore, investigate, learn, create and have fun.

We employ qualified and experienced staff who are caring and dedicated team members. If you would like more information or a registration form please email us at littleacorns.barhill@ntlworld.com or at mightyoaks.barhill@virginmedia.com or phone Sally or Gail on 07851 803083.

The building can also be hired out at weekends/evenings for parties and family events. Please email us for a booking form if you are interested – you do not need to have a child at the pre-school to use this facility.

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Please send your CV with covering letter to:
Shaun Van Looy, General Manager, Menzies Cambridge Hotel & Golf Club, Bar Hill, Cambridge, CB23 8EU.
E: shaun.vanlooy@menzieshotels.co.uk;
T: 01954 249988.

Or contact hotel reception for more information.
Due to the high volume of applicants we are unable to respond to every application.

Bar Hill Pre-School

Registered Charity No. 1030125
http://www.barhillpreschool.co.uk

Village Hall 01954 782892

Our ethos is to ensure high quality care by focussing on each child's ability and interests. Our key person and buddy system enables our team of highly qualified staff to plan activities to reflect the needs of all the children. We offer fully flexible care between 9am–3pm, for children aged 2–5yrs and are registered for Nursery Education Funding (NEF) as well as the new government scheme 'Funded 2's'.

The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to discovering worms, ladybirds and other creatures that share the setting. We are proud to offer many additional learning experiences for your child with regular visitors to the setting as well as exploring the community around us. The setting is intimate and comfortable and provides a safe environment for your child to learn and develop with their peers. The indoor area has a quiet corner for reading as well as a range of toys and equipment for your child to discover. We have strong ties with the community through visits to local businesses, the library and the church.

Parent/Carer Partnership: To fulfil our commitment to meeting children's individual needs we use communication diaries as part of our outstanding parent/carer partnerships. Please contact us on the above telephone numbers or: enquiries@barhillpreschool.co.uk. Our setting manager as well as session allocation coordinator, Sarah, and her deputy Michele are always on hand to support you through the registration process. We look forward to meeting you and your child.

Swavesey & Over Conservation Society (SOCS)

SUMMER COFFEE MORNING

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COUNCILLOR CHAT
MONTHLY REPORT: MAY 2014

Community Chest Grants

Community groups in South Cambridgeshire are celebrating after sharing a cash windfall of over £30,000 to support their projects. In the latest round of grants, a total of 29 schemes have benefited from South Cambridgeshire District Council's Community Chest fund.

The Council awarded £1,500 towards the cost of new play equipment for Gamlingay Rainbow Pre-School and £1,448 to Gamlingay Players to help them purchase an extension to their demountable stage.

Community Chest grants of up to £1,500 are available to small voluntary organisations, charities and community groups for activities and projects that benefit local people. For information about applying for a grant visit www.scambs.gov.uk/content/community-chest-grants or contact Joseph Minutolo in South Cambridgeshire District Council's community team on 03450 450 500.

Councils enter partnership to protect services and save money

Two neighbouring councils are to form a 'strategic partnership' in a bid to improve council services and protect residents from the full force of national cuts to funding.

Over the last four years South Cambridgeshire District Council has delivered efficiencies in the region of £5 million with Huntingdonshire District Council delivering savings in the region of £7 million – but council bosses have said that a new approach must now be found to ensure residents and business continue to receive first class services. Both councils have said that the partnership will mean they can improve the resilience of services, and if the move was not made now, dwindling national resources could mean that important services people rely on might have to cease.

The first shared service is likely to be Building Control, which could be delivered later this year.

Reports to set out the direction of the partnership will be presented to both councils in July, with more detail on plans for where working more closely together will deliver mutual benefits.

Should you need help with any queries, or further information, please contact: Cllr Roger Hall 01954 780304; Roger.hall90@ntlworld.com; County Councillor John Reynolds 01954 200571; j.e.reynolds@ntlworld.com.

SHOPPING SERVICE

This service is for Cambridgeshire residents aged 60 and over who may have difficulty doing their own shopping. Many supermarkets now offer online shopping but unless you have a computer, you cannot take advantage of this convenient service. Phone your order to our Shopping Service and we will make arrangements for delivery to your home. There is no commitment to shop every week and Age UK Cambridgeshire makes no charge for this service. However, supermarket charges for delivery vary and will apply.

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BAR HILL PARISH COUNCIL

Leigh Baffa, Parish Clerk
Tel: 01954 780456
e-mail: bhillpc-1@btconnect.com

Please note that the office is open to the public between **10am and 12 noon Monday to Thursday**, and **By Appointment Only on Fridays.**

Litter Picking Day

We had yet another successful Litter Picking Day on 12th April, with the usual suspects attending. Thanks to all who turned up and did a sterling job, your efforts are very much appreciated.

Bar Hill Skate Park

Many residents attended our Consultation Event on 29th March and everyone's comments were duly noted. This is an ongoing project and I will keep everyone up to date as and when further information is forthcoming.

Tree Management Programme

Unfortunately, the tree and hedge survey that was undertaken on our behalf was very late in coming back to us. All the works needed have been logged and will be done over the next few months. Hedging work may take second place to tree work, because of birds now nesting but please bear with us, all jobs that have been looked at will be done in due course.

Road Resurfacing

The resurfacing of Hillcrest, The Brambles and Chestnut has now been completed by the County Council. I understand that the next roads on the list will be Oatlands Avenue, Partridge Drive and Otter Close/Gardens. This work should be undertaken during the summer months.

Parish Council Meetings

The next Parish Council meeting will be held on Thursday 15th May at 7pm in the Parish Council Office and all members of the public and press are welcome to attend. There is also an Open Forum at the start of each meeting for residents to put their views across.

Handy Telephone Numbers

Streetlights: 0800 253529 and give the number that is written on lamppost.
South Cambs District Council: 03450 450500
County Council (*damaged paths and roads*): 01223 717111.

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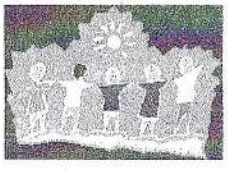

BAR HILL BABY AND TODDLER GROUP...

... is held on Wednesday and Friday 9.45–11.15 am at the Octagon. This is for families and carers with children aged 0–4 years, with a variety of toys and activities for toddlers and pre-schoolers, and a baby area with mats and age appropriate toys. Drinks and snacks are provided.
Prices: Under 1's – £1.00 *(or FREE when paying for a sibling over 1)*; Over 1's – £2.00.
Maximum charge per family/child-minder – £3.00.
Visit our Facebook page for details of future events.

BAR HILL COMMUNITY CAR SCHEME...

...is a voluntary car scheme serving the residents of Bar Hill. We need more voluntary drivers, so if you have an hour to spare every so often, we would love to welcome you to our team. All you need is a road legal car, we pay mileage and give you lots of support. The real reward is the feeling of making a difference in your community.

With the help and support of the Community Development Officer at Care Network, Cambridgeshire County, District and Bar Hill Parish Councils, we aim to provide friendly, door-to-door affordable transport to those in Bar Hill who struggle to use public transport when they need to attend medical appointments and some events/groups. We are here to support the elderly and disabled and know there is a need for this service in Bar Hill.

The more volunteer drivers we can recruit, the more we can help those in need of this service. Please support us by volunteering. You may have some time to spare or know of someone who could help. Even a small amount of time can make all the difference!

Finally, if you, or someone you know, could use our service please let us know. At least 48 hours booking notice is required.

Call Tracy on 07542 194033 or email BarhillCommunityCarScheme@outlook.com.

WELLBEING EVENT

Wednesday 11th June 2014 from 10am–12 midday
Starship Childrens Centre (crèche), Bar Hill Primary School (workshop)
access to session via Starship Children's Centre.

Come along to our **Wellbeing Workshop** and have two hours to "fill up your batteries".

Starship Children's Centre and Contact a Family have come together to create a Wellbeing Workshop to give you a feeling of greater wellbeing and to improve your ability to cope during stressful events / times.

Booking only: **01954 200473.**
Limited crèche places available; please call for more information.

– CAMBRIDGESHIRE COUNTY COUNCIL – LOCAL BUSINESSES: PLEASE NOTE MAJOR CHANGES TO THE LAW ARE TAKING PLACE IN JUNE 2014

If you are a trader selling goods, services or digital content to consumers, it is likely these new regulations will apply to you, depending on how and where you enter contracts with your customers. The new Regulations are called Consumer Contracts (Information, Cancellation and Additional Charges) Regulations. Guidance is available on the BIS website http://tinyurl.com/qfwz7rf.

FOR SALE

4-wheel garden trolley (inflatable tyres) £20
Westland fertilizer spreader £15
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Enquire at 01954 782418

BAR HILL SPORTS AND SOCIAL CLUB

The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles and cribbage, or enjoy a drink in our quiet lounge bar.

Visit our website, www.bhssc.org.uk or join us on Facebook, at Barhillsports.Socialclub.

What's on in May?

Sat. 3rd Play Your Cards Right
Sat. 17th Play Your Cards Right
Wed. 21st Bottle Beer Tasting – get your name down now
Mon. 26th Quiz Night. 7.30pm registration for 8pm start
Sat. 31st Play Your Cards Right

BT Sport

BT Sport has arrived at the Social Club. Come and enjoy the FA Cup Final and more in May.

Monthly Quiz

Quiz Night on the last Monday of every month! Registration at 7.30pm for 8pm start. Maximum of six per team, £1 per head. At least one of the team must be a club member. Many prizes to be won. No mobile phones or tablets allowed.

Saturday Afternoon Football – End of Season Home games

Thu. 1st BHSSC v Huntingdon United (k/o 1815)
Sat. 3rd BHSSC v Eaton Socon Reserves (k/o 1500)

Not a Member?

New members are always welcome, join now for £10, Seniors £5. Pop in and have a look round. Please ask the bar staff for a membership form. See our website for opening times. The club also has a junior membership for 16 and 17 year-olds for a one off payment of £5. This is valid until full membership can be obtained at 18.

Andrew Wilkin, 01954 781881 (BHSSC)

MISSED GP & NURSE APPOINTMENTS

Patients who do not keep appointments and do not cancel them cost the NHS about £700m a year. They also waste doctors' time and deprive other patients of an appointment. Studies have shown that missed appointments, called DNAs [did not attend], can increase inappropriate and unnecessary A&E attendance.

GP Surgeries look after anywhere from 3-5,000 patients. Over the course of a month, DNAs can add up to 30 hours lost to patient care. While there can be many reasons for patients failing to attend – feeling better, transport problems, being unable to get through to the surgery to cancel – the most common reason is simple forgetfulness. Most GP Surgeries now send text message reminders, so it is important that you give your GP an up to date mobile number. If you cannot attend a booked appointment for any reason, please let your Surgery know in good time so the appointment can be offered to another patient.

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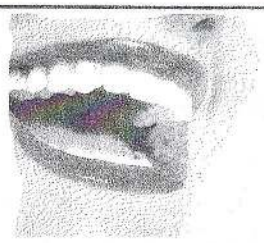

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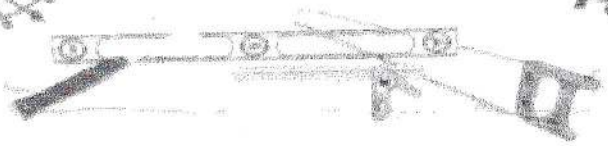

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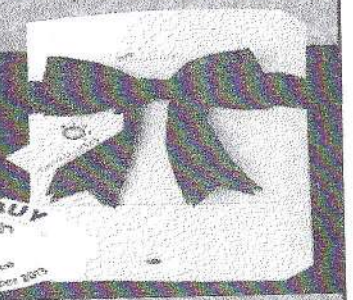

8 GUARANTEE

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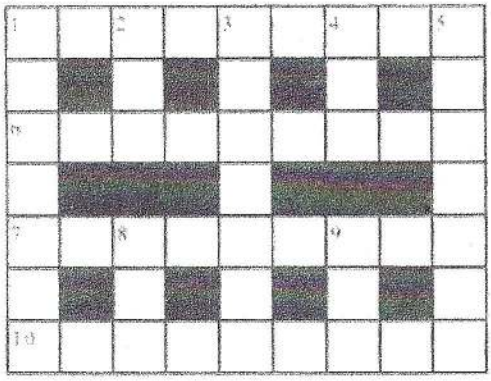
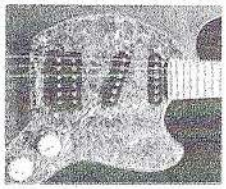
CROSSWORD CLUES FOR MAY

Across: 1. historic site in Athens etc; 6. great Dutch city; 7. assessment; 10. miles in a marathon.
Down: 1. unswerving; 2. based at Wisley; 3. ready for use concrete; 4. top, cover; 5. of single part; 8. filled pastry meal; 9. call for help.



SOLUTION FOR APRIL

Across: 1. soporific; 6. unnatural; 7. Australia; 10. Easter Day.
Down: 1. soutane; 2. pun; 3. retiree; 4. fir;. 5. Calvary; 8. SOS; 9. lid.



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MAY BIN COLLECTION DATES

THURSDAY 8th May	blue and green bins
Wednesday 14th May	black bin
Wednesday 21st May	blue and green bins
THURSDAY 29th May	black bin

BAR HILL COLTS – UNDER 15 GIRLS

The U15 Girls travelled to Sutton to play a team that has grown in strength over the season and were sure to put up strong opposition. Their pitch was small, affecting the passing game that Bar Hill like to play, but the girls hit the ground running right from the whistle.
Anna Bennett soon found the net after a cheeky back-heel, some powerful play in the penalty box and a shot to finally beat the keeper. In goal **Ellie Bryden** had a great game playing with renewed confidence. In front of goal **Jess Curry, Teegan Hayden-Smith, Megan Crane** and **Kirsty Paine** all played with conviction to provide a strong defensive wall. The Bar Hill forwards, **Georgia Cundy** and **Erin Szembel**, were piling on the pressure with some great forward runs, forcing Sutton to concede quite a few corners, and strong midfield play from **Chessie Sharman, Hannah Stepney** and **Christy Gilks** provided great support to both the defenders and attacking players.
In the second half **Pip Hayden-Evans** provided a great cross to Georgia who found the back of the net to put Bar Hill up 2-0. Sutton then managed to break through and score after what looked like a goal-mouth game of pinball. Tension was building with the close play when Sutton gave away an opportunity to score from a free-kick due to an unfortunate back-pass. However, with a wall of players on the goal line the ball was sadly never going to find its target. Jess and Teegan were preventing Sutton from drawing level with some strong defending runs when, as the final whistle was getting close, Hannah started a great left wing move, passed to **Anna Bennett** who then laid back a cross to Pip, who coolly slotted the ball home... text book football and a joy to watch!
A great spirited game from all the girls finished as a 3-1 win to Bar Hill. Well done to the whole team and Player of the Match **Ellie Bryden**.

Did you know...
Pinocchio is Italian for 'pine head'?

BUILDING WORK
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MAY PUZZLE

Form nine astronomy terms containing nine letters, in alphabetical order.

A	R	Y	G	I	T	N	A	R
C	E	L	I	A	L	N	E	T
E	L	E	I	L	U	N	O	V
E	L	L	I	O	N	O	P	E
E	N	T	I	T	E	P	L	A
E	O	R	I	T	E	S	A	T
E	S	C	L	O	N	T	E	L
E	S	T	M	A	M	U	D	E
F	I	R	M	E	T	V	A	T

		L	E	S	T	I		
		E						
		R						
		N	G	I				
					R			
						N		
						A		
		T				I		
			E	S	C			

Solution to April puzzle: AMBULANCE, ARTHRITIS, CORTISONE, DIETICIAN, EMOLLIENT, INFIRMARY, PULMONARY, STERILIZE, TREATMENT .

PRACTISE SPEAKING ENGLISH!
English classes for speakers of other languages from £3 per week
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Monday/Fridays
9.30am–12.15pm
Contact Sarah Adams:
sadams@chesterton.cambs.sch.uk
or Chesterton Sports Centre: 01223 576110

– Events Calendar –

date	*event*	*where*	*time*
1 May	8 O'clock Club – the work of the Brooke Trust	Bar Hill School	8pm
3 May	Bar Hill Community Market	Octagon	10.30am–2pm
5 May	Rosie stall *(see page 15)*	Farmland Museum, Waterbeach	10.30am–5pm
7 May	Health Walk	Memorial Gardens	10.30am
8 May	NWR – Tsars and Emperors of Russia	Venue: Kaye's	8pm
11 May	Visit of Rt Revd Bill Musk *(see Church pages)*	Bar Hill Church	10am
14 May	Health Walk	Memorial Gardens	10.30am
21 May	Health Walk	Memorial Gardens	10.30am
22 May	NWR – what did your Grandmother do?	Venue: Di's	8pm
24 May	Rosie stall	Hackers Fruit Farm, Dry Drayton	9am–5pm
28 May	Health Walk	Memorial Gardens	10.30am
30-31 May	RADSOC 'Wind in the Willows'	Swavesey Village College	2.30 & 7.30pm
31 May	Summer Coffee Morning *(see page 22)*	Bethel Baptist Church, Swavesey	10.30am–12.30pm
5 June	NWR – discuss a current news item	Venue: Julie's	8pm
5 June	8 O'clock Club	Bar Hill School	8pm
7 June	Bar Hill Community Market	Octagon	10.30am–2pm
8 June	Cycle Day *(see page 3)*	meet at Village Hall	10am
11 June	Starship Wellbeing Event *(see page 26)*	Bar Hill Primary School	10am–12md
28 June	Clairvoyance Evening *(see page 8)*	Village Hall	8pm

CAMBRIDGE RE-USE

Cambridge Re-Use is a local charity working within a 20 mile radius of Cambridge. It is carrying forward the good work of Cambridge Sofa which was established in 1988. They collect furniture and electrical goods, in good condition, sell them at low prices to people on low incomes or on benefits. Please contact them on **01223 576535** to arrange a collection, or bring the goods to the store during working hours to Unit H, The Paddocks, 346 Cherry Hinton Road, Cambridge CB1 8DH.

The generosity of donors and a dedicated team of volunteers enable their service to benefit over 1,000 households each year.

email: donate@cambridgereuse.org.uk;
website: www.cambridgereuse.org.uk.

ACCESSING ADULT SOCIAL CARE SERVICES

Social Care is personal and practical support to help people live their lives by supporting them to maintain their independence and dignity, and ensuring they have choice and control over the support they receive. Many people don't think about social care until they – or someone they know – needs support, and then find they are unsure about where to find information, or how to access the services they need. Adult social care customer services is the initial point of contact for all social care enquiries. The trained staff knows about the services available and can offer advice on who else may be able to help. Call them on 0345 045 5202 or you can also find out more on the website Your Life, Your Choice: www.yourlifeyourchoice.org.uk.

If you think you may need help with mental health issues you should contact your GP in the first instance.

THE NHS 111 SERVICE

This is now fully operational in Cambridgeshire. You should use it if medical help or advice is needed outside GP surgery hours. NHS 111 is available 24 hours a day, 365 days a year, and calls from both landlines and mobile phones are free.

Calls to NHS 111 are answered by fully trained call advisers, supported by experienced nurses and paramedics. They will assess symptoms and give you the healthcare advice you need, or direct you to the most appropriate local service. Where possible the NHS 111 team will book an appointment or transfer you directly to the people you need to speak to. If advisers think you need an ambulance they will arrange for one to be sent. All calls are recorded and records maintained securely. Information will only be shared with others directly involved with your care.

For immediate, life-threatening emergencies, please continue to call 999.

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